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OTTAWA GRAD GETS BIG BREAK OPPOSITE BREAKING BAD STAR

ACTOR STEPHEN SHEFFER PLAYS ALONGSIDE BRYAN CRANSTON IN COLD COMES THE NIGHT PAGE 5

2 INJURED IN 4-ALARM BLAZE

Ottawa firefighters battle a fire at 546 Gilmour St. Sunday night. The blaze also damaged two other buildings, turned more than a dozen people out of their homes and sent two people to hospital. For more on the story, see page 2. COURTESY OF OTTAWA FIRE SERVICES

RSV outbreak has CHEO on high alert

Restricted access. Common virus a threat to preemies, kids with compromised immune systems

A respiratory syncytial virus (RSV) outbreak at CHEO has staff in the pediatric intensive care unit taking "precautionary measures" to prevent further spread of the disease.

Hospital officials confirmed Monday there had been three cases of RSV since early January — the last one on Jan. 8, which closed down admissions on the unit. CHEO communications manager Eva Schacherl said the unit just started taking in new patients Monday.

In adults and most children, RSV is nothing more than a common cold, said Schacherl, but the virus can be much more severe for younger, more vulnerable patients.

"In some infants and younger children, it may develop into a severe infection in the lungs," she said. "It's even more a concern with children who already have an existing illness or something that is weakening them."

Schacherl said the hospital has restricted access on the unit to parents and legal guardians only, but noted that all three children were improving.

"There was also a reduction in staff movement between different units, no volunteers permitted on the unit, so those are some of the kinds of measures in place," said Schacherl.

Schacherl said January and February are the peak months for RSV and noted that a few cases aren't uncommon for the hospital to see each year. METRO

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A fire caused nearly $1.5 million in damages to the building at 542, 544 and 546 Gilmour Street late Sunday. JOE LOFARO/METRO

Candle suspected cause of blaze

Centretown. Two injured and more than a dozen left homeless because of fire

JOE LOFARO
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As fire officials continue to investigate the cause of a four-alarm fire that injured two people overnight Sunday in Centretown, Carlos Featherston is keeping watch on his 1920s Victorian home.

The Gilmour Avenue resident's house was the least affected by the fire, although he says his kitchen was damaged by smoke that billowed out of 546, 544, and 542 Gilmour Ave.

"There was so much smoke we said it's probably best if we leave. We grabbed as much as we could and got the hell out of there," said Featherston Monday morning, whose family owns the three storey building at 540 Gilmour Ave.

Yellow caution tape still cordoned off the area as the faint smell of burned wood lingered in the air.

"I'm hanging around making sure nobody can get in there to start stealing stuff," said Featherston surveying the damage to the adjacent units from across the street.

Between 12 and 15 people were displaced because of the fire, which firefighters suspect might have been caused by burning a candle.

When paramedics arrived, they stabilized an 80-year-old man who was having trouble breathing and later sent a 22-year-old woman to hospital, who said she wasn't feeling good. The 80-year-old has been listed in stable condition at hospital.

Ottawa Fire Services spokesperson Marc Messier was also at the scene Monday morning assisting investigators. He said the fire quickly spread into the walls and floors of 546 Gilmour Ave. before it spread to 544 and 542.

The residents in 542 will not be let back into their home for at least a couple of days and there is a chance that 546 might not be salvageable, Messier said.

The fire caused $1.5 million in damages to the buildings and $500,000 to its contents.

South Ottawa

Man arrested after shooting spree near rural road

Ottawa police are expected to lay charges against a 30-year-old Ottawa man who allegedly fired a gun at passing cars in the city's south end Sunday afternoon.

Staff Sgt. Mark Patterson with the Ottawa Police Guns and Gangs unit said the man they have in custody is known to police, but is not a gang member.

The shooting happened in the 6000 block of Dwyer Hill Road.

Prior to the shooting, the man was involved in a verbal dispute which led to a physical altercation, Patterson said.

At least one vehicle was hit by a bullet, but nobody was injured from the shooting.

A weapon has yet to be recovered.

Dwyer Hill Road was closed for a few hours between Franktown Road and Roger Stevens Drive as police conducted their investigation.

Police are expected to conduct more witness interviews Monday afternoon.

JOE LOFARO/METRO

Canadian Screen Awards

Local musicians up for awards

Ottawa electronic music group A Tribe Called Red and Canadian jazz and soul singer Kellylee Evans are both nominated in the same Canadian Screen Awards category — Best Performance in a Variety or Sketch Comedy Program or Series.

The awards program will be broadcast March 9. METRO

The keys to safer neighbourhoods? Shovels and Timbits, cop says

Sgt. Richard Dugal METRO

You might not have to keep up with the Joneses, but getting to know them can at least make a neighbourhood that much safer, says an Ottawa police officer on the hunt for a sexual predator.

"I'm a firm believer that one of the best crime prevention tools is a shovel and a box of Timbits," said Sgt. Richard Dugal of the Major Crime unit. "If you shovel your neighbour's driveway once, he'll be your friend for life."

As he asked residents on Thursday to look at sketches of a serial sex assault suspect, Dugal also encouraged them to be aware of their surroundings and to say hi to people they don't recognize.

Saying hi, he explains, creates a sense of belonging and has the potential to deter criminals.

"If they know that people are paying attention to other people in the neighbourhood, they might just move on somewhere else," said Dugal.

He said he is not encouraging people to investigate their neighbours. "I just mean in your day-to-day activities, get to know your neighbours."

Those observations could help if, for instance, police are out asking residents if they've seen any strangers in their neighbourhood.

Since Thursday, police have received more than 100 tips from the public and they welcome more.

The suspect is described as possibly of Middle Eastern descent, with short dark hair, who spoke English and possibly a foreign language, between the ages of 20-30, measuring between five feet nine inches and five feet 11 inches, with a slim to medium build, trimmed facial hair, thick eyebrows and a prominent nose.

Anyone with information is asked to call Ottawa police at 613-236-1222 extension 4774.

JOE LOFARO/METRO

Senators sign GM Bryan Murray to two-year extension

NHL. Team looking to make key moves to lock up pending free agents and make trades

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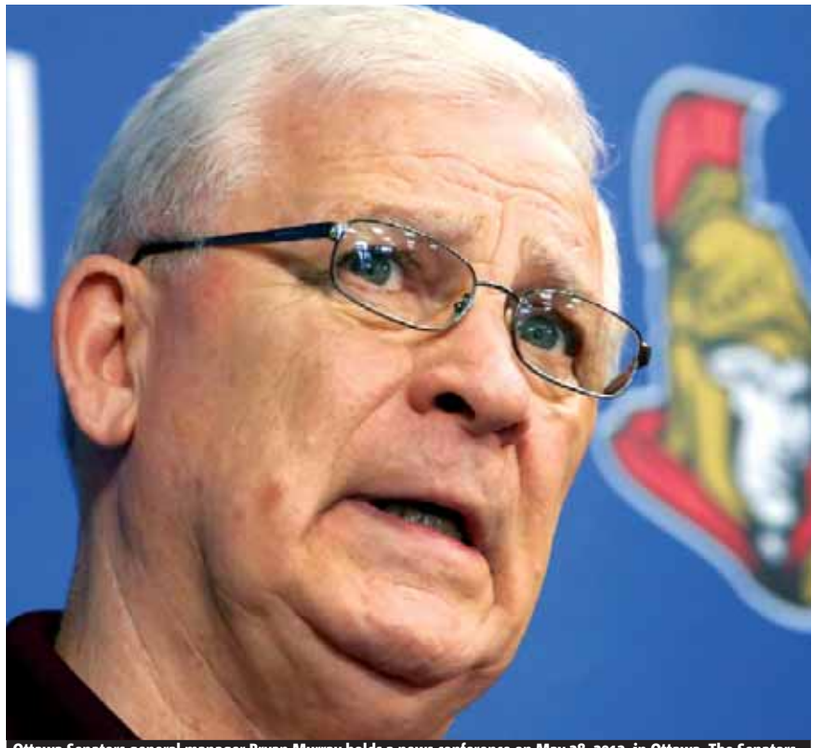

Ottawa Senators general manager Bryan Murray holds a news conference on May 28, 2013, in Ottawa. The Senators have re-signed Murray to a two-year contract extension that goes through July 2016. FRED CHARTRAND/THE CANADIAN PRESS

Ottawa Senators general manager Bryan Murray is hoping his two-contract extension and promotion to President of Hockey Operations soon bears the fruit of the Stanley Cup, as the team announced Monday that Murray will remain with the club until 2018 — as GM until 2016 and "in an advisory capacity," thereafter.

Senators owner Eugene Melnyk told reporters via conference call Monday he is confident that Murray and company can bring the team back into the playoffs and make a run for the Stanley Cup within the next two seasons.

"If we are on the same trajectory as we have been for the last few years, it's ultimately going to lead to a championship-type team," said Melnyk, adding that the team has turned things and are now just two points out of a playoff spot. The Senators posted a 6-2-2 record in its last 10 games.

"We think that we have all the core group in place, I think there are some additions that Bryan (Murray) has put forth and I know that the scouting group is getting together very shortly to look at what we may be able to do towards the trade deadline this year."

Melnyk said he wants to see Murray leave the organization with a Stanley Cup under his belt. He came close while coaching the Senators to the Stanley Cup final in 2007, but the team faltered against the Anaheim Ducks in five games. Days later, Murray was promoted to GM.

"The objective is to (win a Stanley Cup) when I am here as a general manager," said Murray. He added that his priority, other than getting the Senators into a playoff spot, is locking up key players that will become unrestricted free agents in the next couple years — players like captain Jason Spezza, Bobby Ryan and starting goalie Craig Anderson.

Along with Murray's extension, the Senators also promoted Pierre Dorion and Randy Lee to assistant general managers.

Road to Stanley Cup

Senators in hunt for top forward who can score and hit

Ottawa Senators GM Bryan Murray says his team is "available to make a deal" for a forward who can score, hit or both, as the Senators try to slip into a playoff spot and make a run at the Stanley Cup.

Murray told reporters that the Senators boast a very strong, young core that can lead the team deep into the playoffs, but he admitted that another piece of the puzzle is still needed to turn a strong team into a championship squad.

"Probably the one area that we still, like a lot of teams, would need would be probably one more forward that has some impact either in the scoring part of it or physical part," said Murray during a conference call to announce his two-year contract extension. Murray was also promoted to President of Hockey Operations Monday.

He said his priority over the next month is to get a deal done by the Olympic break or, at the latest, the trade deadline on March 5.

"We do have a good number of young people that I think other organizations would be interested in," said Murray, adding that 2013 first round draft pick Curtis Lazar is not one of them.

"We're open to talk about moving a young part or two to get the required player that we need."

After a slow start to the season, the Senators have bounced back with a 6-2-2 record in its last 10 games.

The team has climbed the standings and is now just two points out of the last playoff spot in the Eastern Conference.

"I think we have turned things around," added Senators owner Eugene Melnyk.

"I couldn't be happier with the most recent performance, so if this just continues on, you just never know what can happen."

TREVOR GREENWAY/METRO

Quoted

"We do have a good number of young people that I think other organizations would be interested in."

Ottawa Senators GM Bryan Murray

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Chelsea doctor. New film portrays cancer victim's anti-pesticide crusade

Dr. Nicole Bruinsma fought for a ban against the pesticides she believed gave her cancer, and now a new documentary will tell her brave and ultimately tragic story.

The Precautionary Principle: The Nicole Bruinsma Story is screening in Ottawa this week and filmmakers Brenda and Robert Rooney, of Wakefield-based Rooney Productions, are hoping to take the film across Canada.

"Pesticides give us a reason to be cautious," said Brenda Rooney, explaining the film's title.

Research to date doesn't show a definite causal relationship between cancer and pesticides, according to the Canadian Cancer Society's website, but the society states that there "may" be a connection between the two.

Bruinsma, a family doctor and mother of three in the rural community of Chelsea, Que., was healthy, active and didn't smoke. So when she was diagnosed with breast cancer at age 37 in 1997, she investigated the possible causes and deduced it was from pesticide use.

She galvanized Chelsea and worked to create a municipal bylaw that completely banned pesticides on golf courses and home lawns. But her fight didn't stop there: She took it to the House of Commons and she approached Loblaw Companies about discontinuing the sale of pesticides.

While she was a trailblazer for cosmetic-pesticide bans, she could not win the battle against her own breast cancer. Bruinsma died in 2002 at 42 years old.

While this film is about pesticide bans and Bruinsma's personal story, it carries a bigger theme, explained Brenda Rooney.

"In our society, people feel that they have no power," she said. "We wanted to highlight the fact that individuals can make a difference."

Precautionary Principle: The Nicole Bruinsma Story will screen at St. Paul University at 223 Main St. on Jan. 16 at 7:30 p.m. Tickets are $10 at the door.

LUCY SCHOLEY/METRO

Dr. Nicole Bruinsma died of breast cancer in 2002. She fought pesticide use in Chelsea, Que., and across Canada. CONTRIBUTED

OPL customers chat with "human books" in last year's Human Library event. COURTESY VIRGINA MADON

Loan out a chat for a change

Human Library. OPL event brings in real-life storytellers for one-on-one talks

LUCY SCHOLEY
lucy.scholey@metronews.ca

When a fellow gang member was brutally beaten to death, Marc Clairoux says he knew he wanted out.

A trip to the unknown

"It can go in an unpredictable direction." **Dorothy Jeffreys, co-ordinator of lifelong learning and literacy at the Ottawa Public Library**, talking about the infinite possibilities of the Human Library event where customers engage in one-on-one talks with real-life storytellers instead of loaning out books.

The Ottawa resident says he fell into a skinhead gang at age 13. Guns, explosives and assault charges landed him in jail several times in two decades.

At 41 and out of gang life for years, the now youth-at-risk worker is ready to tell his story.

"I felt like I should give back to the city I ended up destroying," said Clairoux.

It's a story fit for a book, but you won't find his tale on a library shelf on Jan. 25.

He will be among 37 "human books" sharing his experience at the third annual Human Library, a joint-initiative of the CBC and Ottawa Public Library.

Rather than loan a book, customers can sit with a person for a 20-minute conversation.

A drag queen, a former compulsive gambler and a hunter are among the one-on-one conversations up for checkout.

Registration for the Human Library starts at 10:45 a.m. on Jan. 25. The event goes from 11 a.m. to 3 p.m. at Carlingwood, Carp, Greenboro and Orleans branches, and at the Main Library.

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Ottawa-born actor Stephen Sheffer, right, plays alongside Breaking Bad star Bryan Cranston in the film Cold Comes the Night, released Friday. TANYA GIANG/MANITOBA PROJECT LLC

Breaking good: Actor goes from Glebe to big screen

Rubbing shoulders with celebs. Stephen Sheffer stars alongside recent Golden Globe winner Bryan Cranston in movie

TREVOR GREENWAY
trevor.greenway@metronews.ca

When Stephen Sheffer was nine years old, he used to put on his own plays in the front yard of his Glebe home.

Using whatever he could find as props, the young aspiring actor would entertain his family and neighbourhood with impromptu performances, all the while dreaming of his big break.

And earlier this year, the Ottawa-born actor got that break when he was cast alongside Breaking Bad star Bryan Cranston in the thriller Cold Comes the Night, released Friday.

While Sheffer said he was nervous about meeting the big TV star, the feeling didn't last long.

"It came to bringing myself to the role and bring myself to the moment," said Sheffer. "There isn't a lot of time to be insecure."

In Cold Comes the Night Sheffer plays Jacques, a French-Canadian gangster boss to a lower level thug named Topo, played by Cranston. The two, along with a motel operator named Chloe, played by Alice Eve, get wrapped in a series of events surrounding a missing bag of cash.

Sheffer said his character in the film is so far from his actual personality that he had to really embrace the badness.

"I've got my hair pulled back in this pony tail and had these bugged-out eyes and I just tapped into that idea of being a snake, slithering around," said Sheffer.

"There is a certain amount of venom in the character and it's always fun to unleash that kind of stuff in the context of a fictitious world because there aren't any consequences."

Cold Comes the Night opened in 12 cities Friday, but it has not yet screened in Ottawa.

The Canterbury High School grad hopes to get the movie to his hometown soon.

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Online petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

Canada Post trucks are parked in a lot in Mississauga, Ont.
FRANK GUNN/THE CANADIAN PRESS

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," said Jon Hamilton, a spokesman for Canada Post.

"But the status quo is not going to change."

THE CANADIAN PRESS

Man killed in Mississauga mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, Ont., Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

Are you living with allergic rhinitis?

If you are, an opportunity is now available to be part of a clinical research study.

Allergic rhinitis is a common reaction to allergens like dust mites. It can cause a number of annoying symptoms like itchy or runny nose, sneezing, irritated eyes, ears and sinuses. If you are one of the many people who live with allergic rhinitis, you may be eligible to participate in a clinical study of a new investigational therapy.

To be eligible for this study, a participant must:

- Be between the ages of 18 and 55
- Be generally healthy
- Have a history of persistent or intermittent allergic rhinitis and a positive allergy test to dust mites or other defined allergens

Women who are capable of becoming pregnant are not eligible for this study. People who smoke will also be excluded.

Qualified participants will receive study drug or placebo (an inactive substance) and study-related care at no cost. You will also be compensated for your travel expenses.

If you or someone you know has allergic rhinitis and would like more information about this study contact: Ottawa Allergy Research, Ottawa ON – 613-725-2102 Ext 248

OHIP. Health-care costs should be made available to patients: Hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately $50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors, Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure of one thing: "If Breaking Bad was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it."

THE CANADIAN PRESS

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other."

THE CANADIAN PRESS

700 Canadians Own Property in Ecuador!

WHY?

"*Because we can!*" responds Mario Rochefort, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "*With prices like that we can finally afford a property in the south.*"

"*Prices start at $15,000 for a lot and $55,000 for a nice little beach house. For $120,000 you can own a luxurious home that would easily cost $300,000 or more in Canada.*"

"*It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything,*" he adds, visibly proud of his acquisition.

But perhaps most attractive for property owners - **the ocean!** The project is situated on **one of the 3 most beautiful beaches** of Ecuador, directly in front of the "mini Galapagos" island in the Machalilla National Park. "*Property owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location,*" says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

One of the beautiful homes being built by HolaEcuador

benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

ECUADOR?

"*Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago,*" affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only $1 and a daily lunch special in a seaside restaurant is rarely over $3.

From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

HOW TO BECOME A PROPERTY OWNER?

"*It's very simple,*" says Mr. Rochefort. "*I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador.*"

Goodbye snow, hello Pacific!

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France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extra-marital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine opinion poll showed 77 per cent considered the subject a "private matter."

Francois Hollande and Julie Gayet.
GETTY IMAGES FILE

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of Intimate Politics.

Political scientists have shown that sex scandals are traditionally less damaging than other types. Texas Tech University found that corruption typically costs almost twice as many votes as sex.

KIERON MONKS/METRO WORLD NEWS

Supreme Court ruling

Late-abortion ban fails in Arizona

The U.S. Supreme Court has rejected Arizona's attempt to ban most abortions after 20 weeks of pregnancy.

The justices on Monday declined to reconsider a lower-court ruling that says the law violates a woman's right to terminate a pregnancy before a fetus is able to survive outside the womb, generally considered to start at 24 weeks.

Supporters argued the ban protected women's health and prevented fetuses from experiencing pain. THE ASSOCIATED PRESS

Abortion

People waste life like they waste food, says Pope

Pope Francis on Monday criticized abortion as part of a "throwaway culture" that wastes people as well as food, calling such a mentality a threat to world peace. THE ASSOCIATED PRESS

In this 2012 photo made available by the University of Gothenburg, the research team practices before the operations to transplant wombs at the Sahlgrenska Hospital in Sweden. JOHAN WINGBORG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

Swedes hope that womb transplants will bear fruit

Frontier science. With surrogates banned, this may be only chance for women to have own kids

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the obstetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom said the nine recipients are doing well. Many already had their periods six weeks after the transplants, an early sign that the wombs are healthy.

One woman had an infection and others had some minor rejection episodes, but none of the recipients or donors needed intensive care after the surgery, Brannstrom said.

The operations did not connect the women's uteruses to their fallopian tubes, so they are unable to get pregnant naturally. But all who received a womb have their own ovaries and can make eggs for in-vitro fertilization.

Brannstrom warned the transplants might not yield children but was optimistic.

"This is a research study," he said. "There are no guarantees.... What is certain is that they are making a contribution to science."

THE ASSOCIATED PRESS

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith, head of the U.K. charity Womb Transplant UK, said removing a womb for donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels to ensure adequate blood flow for the fetus, raising the risk of complications for the donor.
- Brannstrom said using live donors allowed them to ensure the donated wombs were functional and didn't have any problems, such as an HPV infection.

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Family friend allegedly kidnaps teen for ransom

Winnipeg. Note demanding money left for boy's family, but officers found 14-year-old and arrested man

A Winnipeg teen is unharmed after he was allegedly kidnapped for ransom by a family friend.

Winnipeg police said a man, known to a local family, convinced the family's 14-year-old boy that he was a police officer and that the boy was being investigated for an assault.

The man allegedly took the teen to a downtown hotel, took the teen's phone away and convinced him to stay in the room to avoid going to jail. He also produced a replica pellet handgun to further convince the teen to stay, said police.

The man then returned to the family, but not before allegedly leaving an anonymous note for the family explaining their son had been kidnapped and demanding money.

Officers found the teen and made an arrest.

Harpreet Singh Kanda, 19, faces charges of impersonating a police officer, extortion, kidnapping using a firearm, possession of a weapon and carrying a concealed weapon.

He was detained at the provincial remand centre.

METRO IN WINNIPEG

Firefighters save dog that fell through ice

St. Louis firefighters Stan Baynes and Demetris Alfred struggle to secure Diablo, a Doberman pinscher who fell through the ice on the lake in O'Fallon Park in St. Louis, Mo., in this photo taken on Sunday. Diablo's owner, Jason Newsome, said Diablo ran after a goose and fell through the ice. The dog was in the water for about 25 minutes. J.B. FORBES/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

India

Tigers dying from deadly dog virus

India is scrambling to protect its beleaguered tiger population after several big cats tested positive for a virus common among dogs but deadly to other carnivores, experts said.

In the last year, canine distemper virus has killed four tigers and several other animals across northern and eastern India. THE ASSOCIATED PRESS

Britain

Rare water lily stolen

A minuscule, nearly extinct water lily has been stolen from London's Royal Botanic Gardens, officials said Monday.

Nymphaea thermarum was discovered growing in the damp mud of a hot water spring in Rwanda in the 1980s. When the mud around the spring dried up in 2008, the plant disappeared from the wild. THE ASSOCIATED PRESS

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"Number one job site" based on six-month average online job postings for period ending December 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' International trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that railways will continue to push for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. THE CANADIAN PRESS

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil were lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota. THE ASSOCIATED PRESS

Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon in southern Israel on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at his family home in the country's south. ARIEL SCHALIT/THE ASSOCIATED PRESS

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell. THE ASSOCIATED PRESS

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Potatoes and pink hats. John Kerry meets with Russian foreign minister

For some watchers of international diplomacy, the sombre road to Syrian peace was overrun Monday by potatoes and furry pink hats.

A swapping of delegation gifts between U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov served as a distraction from predictions of elusive success in Syria.

The usually stern-faced Lavrov came to the meeting armed with at least two ushankas, a traditional Russian fur hat with earflaps that tie to the top of the hat. Both hats went to women on Kerry's press staff — including a bubblegum-pink one for State Department spokeswoman Jen Psaki.

The more bizarre bout of diplomacy came over a pair of Idaho potatoes. Kerry explained he was in Idaho over the holidays when he and Lavrov spoke by phone. The Russian, it seemed, associated Idaho with potatoes.

Kerry and Lavrov sat next to each other at an otherwise grim news conference on militant threats to humanitarian aid for Syria. THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry, standing left, gives a pair of Idaho potatoes as a gift for Russia's Foreign Minister Sergey Lavrov in Paris on Monday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Egypt

Security on alert for referendum

Egypt's security chief on Monday warned supporters of the ousted Islamist president that troops guarding polls during the next day's constitutional referendum will deal with anyone attempting to disrupt the vote with unprecedented force. Authorities consider the draft charter to be a milestone in a military-backed transition road map put in place after Mohammed Morsi was overthrown last July. THE ASSOCIATED PRESS

Cellphone dispute

Shooting at U.S. movie theatre

Authorities say a man has been arrested on suspicion of shooting two people — one fatally — after an argument over cellphone use at a Florida theatre. Sheriff's spokesman Doug Tobin said two couples had been watching "Lone Survivor" Monday at a theatre, when the suspect and his wife apparently took issue with the couple in front of them over use of the phones. THE ASSOCIATED PRESS

Digital currency. MintChip shows Royal Canadian Mint changing with times

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.

First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about $10 or less. THE CANADIAN PRESS

Analysts. Lululemon may hold downward dog pose for the foreseeable future

Lululemon Athletica Inc.'s unexpected lowering of its fourth-quarter profit outlook sent its stock tumbling Monday and raised questions about how long the yoga fashion retailer's problems will last.

Analysts questioned the Vancouver-based company's future amid guidance revisions. THE CANADIAN PRESS

Practise patience

"We are closer to the beginning of problems for Lulu than their resolution," said an analyst.

Market Minute

DOLLAR 92.20¢ (+0.47¢)

TSX 13,681.48 (-66.04)

OIL $91.80 US (-$0.92)

GOLD $1,251.10 US (+$4.20)

Natural gas: $4.30 US (-$0.01)
Dow Jones: 16,257.94 (-179.11)

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And they tasted the coffee.

And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

"That was ten years ago. The Michigan region became the model for the turnaround in the U.S. business coffee store," Betts says.

When McDonalds introduced the premium roast across all 13,700 restaurants in the U.S. in 2006, it had already been selling for some time in Michigan locations.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

"We were at an all-time low in terms of market share, our breakfast business was doing poorly, we weren't relevant," Betts says.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April, 2009.

The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says. TORSTAR NEWS SERVICE

From fries to Frappés

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee."

John Betts, president and CEO of McDonald's Restaurants of Canada

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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting ,but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a $770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream masses in North America and beyond.

SHE SAYS

Jessica Napier
metronews.ca

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her partner to buy a pricey item off her delivery-room wishlist.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgement.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Why, hello there, Miss Bear

KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

"Not a man in a bear suit"

KEVIN DIETRICH
Realty broker/amateur photographer, 33, from Steamboat Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?
Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a photograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?
Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing aspect.

What does this image represent? Is it more than a shot of a cute bear?
In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

INTERVIEW BY ANTHONY JOHNSTON/ METRO WORLD NEWS

WE ACT:
CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller
Where: Summerland, B.C.
What: Founded Agur Lake Camp
Why: Bonnar Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Bonnar Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?
It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

CONTRIBUTED

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
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DVD review

You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerpaint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of creating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercolours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

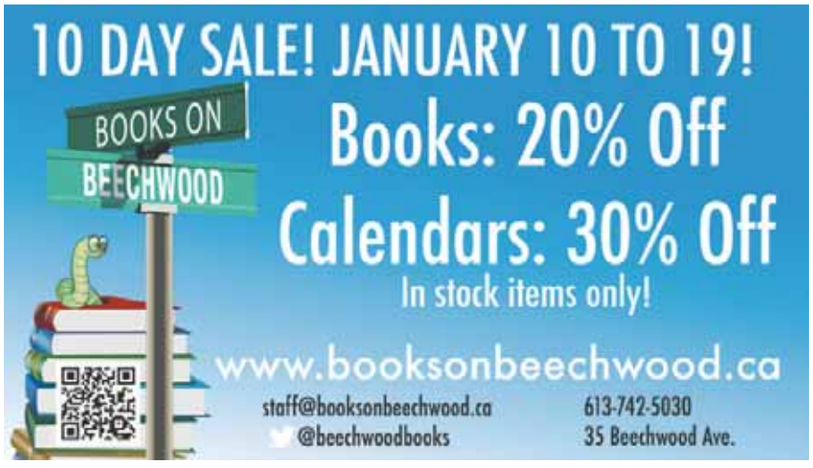
Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

J. Cole is doing well with this rappin' stuff. CONTRIBUTED

SCENE



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Michael J. Fox ALL PHOTOS GETTY IMAGES

Fun-fact faux-pas: E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad.

That Fox was diagnosed with the disease in 1991 was is indeed a fact. In no way is it fun. The network quickly realized their error (due to, you know, all those angry tweets flying their way) and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize." Such is the new media landscape: say whatever the hell you want now — apologize later. Fox, who seems like a pretty genial, standup guy, likely accepted their apology.

Prince

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

The Word

Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

Johnny Depp and Amber Heard

There's Johnny! We've Heard about this pair, but now we have proof

Though Johnny Depp and Amber Heard reportedly have been dating since 2012, they've avoided making any official appearances as a couple — until this weekend. The pair posed for photos together inside the Art of Elysium's annual Heaven Gala on Saturday in Los Angeles, both dressed in mostly black save for Depp's favorite beaten-up tan fedora, according to Getty Images. During the event, the pair sat close at a table near the stage, with Depp's arm around Heard.

Ke$ha

Ke$ha tried to make mom go to rehab and she said yes, yes, yes

The family that rehabilitates together stays together, it would seem, as singer Ke$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke$ha's urging," she tells the magazine. Ke$ha checked into the facility earlier this month to cope with an eating disorder.

Twitter

@Sethrogen
I'm a little behind on the globes but HOLY S---! Christopher Plummer won for Beginners!

@SteveCarell
Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.

@WhitneyCummings
Hey somebody send me a text so I can over analyze it!

HIMYM star smiles it forward

Alyson Hannigan. The How I Met Your Mother actress talks to Metro about some of the surprises that parenting brings

EMILY LAURENCE
Metro World News

How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate $1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman, who is the director of How I Met Your Mother. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies .... He likes to keep his distance, but he's really good with them.

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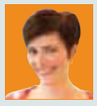
What are your New Year's Resolutions?

Almond Flour Brownies get Paleo-friendly, high-nutrient makeover

Health Solutions

A flour substitute — with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

• Almond flour contains more protein than wheat flour, and has no gluten.

• Almond flour contributes twice the potassium and six times more calcium than wheat flour.

• One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves 12. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

FLASH FOOD

From your fridge to your table in 30 minutes or less

Dessert. Chocolate Chip Cookies

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool.

THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1- 2 cups (250 - 500 ml) chocolate chips

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MLB

A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Johnny Football

Manziel teams with LeBron's associate, LRMR

Johnny Manziel confirmed Monday that he has signed with LRMR and Maverick Carter, the longtime friend and associate of LeBron James, to handle some of the 2012 Heisman Trophy winner's off-field projects.

The relationship with LRMR and Carter has been developing for some time. James said last week that he texted Manziel regularly throughout the quarterback's final season at Texas A&M.

THE ASSOCIATED PRESS

NFL

Broncos CB comes up lame, tears ACL

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

The Broncos will take on the New England Patriots on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Ilya Kovalchuk, pictured last May at the world championship, has suited up for Russia at 14 different competitions. GETTY IMAGES FILE

Kovalchuk looking forward, not back

Olympics. Former NHLer at home in KHL, anticipating matchup against Canada in Sochi

Ilya Kovalchuk took his talents — a rare blend of skill, speed and strength — home to Russia last summer.

It doesn't sound as if Kovalchuk has any regrets about his abrupt retirement from the NHL.

The 30-year-old Kovalchuk likes life in Russia, where he can spend more time with his family while playing for SKA St. Petersburg in the Kontinental Hockey League.

"I'm really enjoying everything here," Kovalchuk said in a telephone interview with The Associated Press after playing in Saturday's KHL All-Star game. "It's a great league. The game is different, but we are getting there. There are good players here for sure."

In any league, the six-foot-two, 230-pound forward is one of the best. He hits, he's fast and he can handle the puck. Oh, he can score.

Despite his scoring prowess, as well as that of players such as Alex Ovechkin and Pavel Datsyuk, the Russians didn't even make it to the medal round at the 2010 Winter Olympics. Canada humiliated Russia 7-3 in the quarter-final in a matchup of traditional powers that left Kovalchuk and Co. without a medal for the second straight games.

"It's old history," Kovalchuk said when asked what went wrong four years ago. "I'm looking forward to playing Canada in Sochi. If it's going to happen, it will be exciting."

Kovalchuk has represented Russia at three Olympics, including the bronze medal-winning team in 2002, nine world championships, one world junior championship and the 2004 World Cup.

THE ASSOCIATED PRESS

'I'm young and got lots left'

For Canadian women's hockey player Hayley Wickenheiser's thoughts on the Sochi Olympics and retirement, go to metronews.ca/gameon to watch a video interview.

Ronaldo stakes claim as world's best footballer

Cristiano Ronaldo, left, with his son Cristiano Ronaldo Jr., receives the Ballon d'Or trophy on Monday in Zurich, Switzerland. MARTIN ROSE/BONGARTS/GETTY IMAGES

Cristiano Ronaldo has won the FIFA Ballon d'Or award for 2013, ending Lionel Messi's four-year run as the world's best player.

Ronaldo scored 69 goals for Real Madrid and Portugal last year, and his stunning hat trick against Sweden in a decisive World Cup playoff was perhaps the defining individual performance.

"There are no words to describe this moment," said Ronaldo, who was sobbing in tears after accepting the trophy with his young son, also named Cristiano, beside him on stage.

He defeated Barcelona's Messi and France winger Franck Ribery, who helped Champions League winner Bayern Munich to a sweep of major titles.

Voting was done by national team captains and coaches, plus selected journalists, in FIFA's 209 member countries who chose their top three preferences.

In a tight race, Ronaldo received 1,365 points, Messi had 1,205 and Ribery got 1,127. Canada coach Benito Floro cast his first-place vote for Ronaldo, while captain Atiba Hutchinson had Messi first and Ronaldo second. THE ASSOCIATED PRESS

Special Ballon d'Or award

Pelé, viewed by many as the greatest footballer ever, finally received a Ballon d'Or trophy which he could never get during his career when the original prize was restricted to European players.

4 SPORTS

Eugenie Bouchard returns a shot to Tang Hao Chen of China during Round 1 action at the Australian Open on Monday in Melbourne. Montreal's Bouchard advanced with a 7-5, 6-1 win. AIJAZ RAHI/THE ASSOCIATED PRESS

Young Canadians on the rise Down Under

Tennis. Bouchard and Pospisil win openers at Australian Open

Two of Canada's rising tennis stars are into the second round of the Australian Open as Eugenie Bouchard and Vasek Pospisil each scored opening-day victories.

Montreal's Bouchard survived a scare from a 431st-ranked challenger from China, scoring a 7-5, 6-1 victory over Chen Tang Hao.

Vancouver's Pospisil, who is seeded 28th, eliminated Australian Sam Groth with a 6-4, 6-3, 6-4 win.

Bouchard, the 30th seed, rode a roller-coaster in the one-hour opening set after earning a 3-1 lead, only to lose it a game later on a double-fault. Bouchard, recently named The Canadian Press female athlete of the year, was broken again to drop to 3-4 as Tang rifled back a return winner before holding for a 5-3 lead.

Bouchard saved set points in the ensuing game on Tang errors before finally earning a 7-5 win on a break.

The 19-year-old Bouchard was more in control in a dominant second set.

"It was tough but I fought and got through it," Bouchard said. "I didn't play the way I really wanted, but it was good to win one like this.

"It was really fun, I had some good support, it was good atmosphere," said Bouchard, who admitted struggling in the 35-degree heat.

Pospisil, 23, was never troubled by Groth and appears to have overcome a back problem which bothered him this month in India and Sydney.

"I wasn't feeling that great and only played points the day before, I didn't have much preparation," Pospisil said.

"But I returned and served well; overall I did fine."

"I didn't feel any fatigue, I was playing relaxed because of my back," he added. "I don't anticipate any problems in the next round but I'm glad I didn't have to go five sets."

Pospisil overcame 16 aces from his opponent, firing six of his own and breaking on four of 10 chances. He had 31 winners and 17 unforced errors.

Pospisil next faces another Australian in Matthew Ebden, who beat Nicolas Mahut of France 6-3, 7-5, 4-6, 0-6, 6-3.

THE CANADIAN PRESS

Quoted

"I played surprisingly well; I was not expecting to play like this."

Vancouver's Vasek Pospisil, who earned an opening-round win at the Australian Open despite a sore back.

On Tuesday

Aussie Open heats up on Day 2

Victoria Azarenka began her bid for a third consecutive Australian Open title with a 7-6 (2), 6-2 win over Johanna Larsson on Tuesday as the predicted heat wave arrived at Melbourne Park.

Victoria Azarenka GETTY IMAGES

Conscious of the time and the temperature, former No. 1-ranked Caroline Wozniacki and No. 11 Simona Halep raced to straight sets wins.

Second-ranked Azarenka had a tougher time at Rod Laver Arena against Larsson, who twice had chances to serve for the first set but lost in a tiebreaker.

Temperatures topped 38 C on the second day of the tournament and a hot, gusty breeze swirled across the venue.

THE ASSOCIATED PRESS

2016 Summer Games

Rio planning chief playing catch up

The army general appointed three months ago to co-ordinate planning for the 2016 Rio de Janeiro Olympics says his job is like "changing a tire on a car that's moving."

Major General Fernando Azevedo e Silva, named by President Dilma Rousseff to head the Olympic Public Authority, acknowledged in an interview published in a Sao Paulo newspaper Monday that deadlines are "very short" to prepare South America's first Olympics.

THE ASSOCIATED PRESS

Jackie Robinson

ROY award fetches $400K at auction

Jackie Robinson's 1947 Rookie of the Year award for the season he broke baseball's colour barrier has sold for $401,968.

Lelands auction house said Monday that Robinson's trophy he won with the Brooklyn Dodgers was sold to an anonymous buyer on Jan. 10. The award came with a letter from Robinson's widow, Rachel. THE ASSOCIATED PRESS

NFL. Peyton focused on Buds over bracing for Patriots

Peyton Manning's mind is on New England, not his neck.

When answering a question last week about whether he could still enjoy the playoffs given his previous post-season disappointments, Manning said that "the light is at the end of the tunnel for me, no question."

Meaning, at age 37, he certainly has more seasons behind him than ahead.

Following Denver's 24-17 win over San Diego on Sunday that sent the Broncos into the AFC championship, Manning was asked whether an exam on his surgically repaired neck — which ESPN reported will determine whether he even plays in 2014 — was weighing on his mind.

"It's really not," Manning said.

"What's weighing on my mind is how soon I can get a Bud Light in my mouth. That's priority one."

Neither Manning nor the Broncos have any indication whatsoever that he won't pass his medical exam in March — if anything were wrong, he wouldn't be playing. And he's coming off the best statistical season of his brilliant career.

But he's not one who likes to look too far ahead anyway, just like he hates going down memory lane or talking about his health publicly.

Peyton Manning GETTY IMAGES

He didn't even want to talk about facing the Patriots following Denver's win over the Chargers.

"It was an intense game and up and down and a lot of emotions," Manning said.

"Even the Patriots is (too far) ahead. And that question is way far ahead. I am not there. This team has been a one-week-at-a-time season ... that approach has served us well and I think we need to keep that approach from here on out."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

Monday's results
Calgary at Carolina
Tampa Bay at Columbus
Phoenix at Winnipeg
Vancouver at Los Angeles
Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0
Tuesday's games — All Times Eastern
San Jose at Washington, 7 p.m.
Tampa Bay at NY Rangers, 7 p.m.
Toronto at Boston, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
NY Islanders at Florida, 7:30 p.m.
New Jersey at Montreal, 7:30 p.m.
Ottawa at Minnesota, 8 p.m.
Calgary at Nashville, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Chicago, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Wednesday's games
Buffalo at Toronto, 7:30 p.m.
Washington at Pittsburgh, 8 p.m.
Vancouver at Anaheim, 10:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England at Denver, 3 p.m.
San Francisco at Seattle, 6:30 p.m.

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5½
Phoenix	21	15	.583	7½
Dallas	22	16	.579	7½
Denver	19	17	.528	9½
Minnesota	18	19	.486	11
Memphis	17	19	.472	11½
New Orleans	15	21	.417	13½
L.A. Lakers	14	23	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17½

d- division leader

Monday's results
Milwaukee at Toronto
Houston at Boston
Phoenix at New York
Washington at Chicago
San Antonio at New Orleans
Orlando at Dallas
Denver at Utah
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Tuesday's games — All Times Eastern
Sacramento at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Oklahoma City at Memphis, 8 p.m.
Cleveland at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

♉ Taurus
April 21 - May 21
Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

♊ Gemini
May 22 - June 21
You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

♋ Cancer
June 22 - July 23
Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

♌ Leo
July 24 - Aug. 23
It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

♍ Virgo
Aug. 24 - Sept. 23
The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

♏ Scorpio
Oct. 24 - Nov. 22
You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

♑ Capricorn
Dec. 22 - Jan. 20
It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

♒ Aquarius
Jan. 21 - Feb. 19
You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

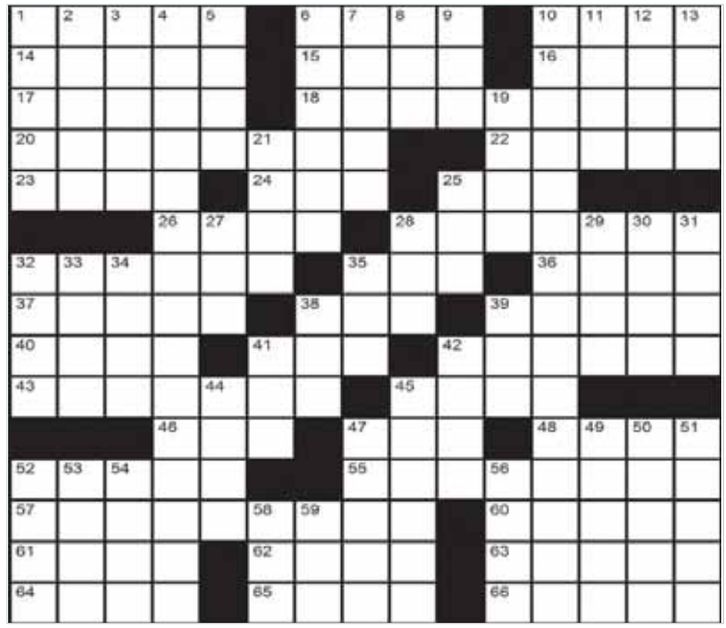
♓ Pisces
Feb. 20 - March 20
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Fedora borders
6. Pitcher
10. __ au lait
14. Till again
15. Amble
16. "I __ __ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "__ __ Inquest"
22. __ whale
23. General Robert _. __
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "__ __ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, __ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of $$$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part
63. Summary
64. Glance
65. Prescriptions, commonly
66. Celebrating 50 Years: __ University in Peterborough, Ont.

Down

1. English composer, William __
2. Like Queen Elizabeth
3. "That's all that _ __." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "__ That Could Happen"
8. Ms. Longoria
9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jannings
21. Paint layer
25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. __ & The Gang
31. __-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	8	3	2	9	1	7	5	6
6	1	7	4	5	8	3	9	2
9	5	2	6	3	7	1	4	8
8	6	9	7	4	2	5	1	3
2	4	1	5	8	3	6	7	9
7	3	5	9	1	6	8	2	4
3	7	4	1	6	9	2	8	5
5	2	6	8	7	4	9	3	1
1	9	8	3	2	5	4	6	7

Today
3°/-8°
Partly cloudy

Wednesday
0°/-12°
Flurries
60%

Know what the weather will be 14 days from now.
Check the 14 day trend.
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